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For Immediate Release

J.F. Héroux Wins Alouette Alumni Trophy

Montreal, Quebec - Concordia Stingers tailback Jean-François Héroux has been awarded the 1989 Alouette Alumni Trophy, awarded to the most valuable player in Quebec University Football. The trophy is voted upon by the local print media, Alouette Alumni and the three Quebec football coaches (Bishop's, Concordia, McGill). Accompanying the award is a \$1,000 cash prize earmarked towards the development of the recipient's football program.

Héroux, a native of Trois-Rivières, Quebec rushed for 480 yards and three touchdowns as the Stingers made the playoffs for the first time in four years. The 22 year old Urban Studies student averaged 7.9 yards per carry, highest among the top ten rushers in the C.I.A.U. He rushed for over 100 yards three straight games on his way to being named to the O-QIFC All-Star team.

The third-year running back has moved into fourth place on the all-time Concordia rushing list with 1118 yards. He also caught 11 passes for 166 yards this year.

The official presentation of the Alouette Alumni Trophy will occur at a later date.

Alouette Alumni Trophy Winners

1979	Marc Lacelle, McGill	1984	Dennis Walker, Bishop's
1980	Gerry Prudhomme, Concordia	1985	Greg Miller, Concordia
1981	Mark Joncas, McGill	1986	Wally Zatylny, Bishop's
1982	Chris Skinner, Bishop's	1987	Mike Soles, McGill
1983	Chris Skinner, Bishop's	1988	Leroy Blugh, Bishop's

